

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

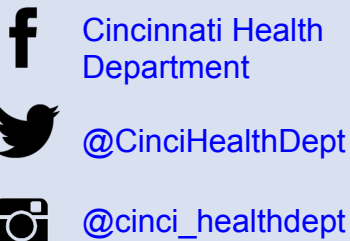
Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department



Learn How To Control Asthma

Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

CDC's National Asthma Control Program works to help Americans with asthma achieve better health and improved quality of life. The program funds states, school programs, and non-government organizations to help them improve surveillance of asthma, train health professionals, educate individuals with asthma and their families, and explain asthma to the public.

In most cases, we don't know what causes asthma, and we don't know how to cure it. We know that if someone in your family has asthma you are more likely to have it.

How Can You Tell if You Have Asthma?

It can be hard to tell if someone has asthma, especially in children under age 5. Having a doctor check how well your lungs work and check for allergies can help you find out if you have asthma.

During a checkup, the doctor will ask if you cough a lot, especially at night. He or she will then ask whether your breathing problems are worse after physical activity or at certain times of year. The doctor will then also ask about chest tightness, wheezing, and colds lasting more than 10 days. He or she will ask whether anyone in your family has or has had asthma, allergies, or other breathing problems. Finally, the doctor will ask questions about your home and if you have missed school or work or have trouble doing certain things.

The doctor will also do a breathing test, called spirometry, to find out how well your lungs are working. The doctor will use a computer with a mouthpiece to test how much air you can breathe out after taking a very deep breath. The spirometer can measure airflow before and after you use asthma medicine.



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Commissioner's Corner Suicide Awareness



Suicide rates in the United States have continued to increase from 1999 - 2016. It affects every race, culture, age and socioeconomic group, and suicide is the second leading cause of death for 10-24 year-olds (first is accidental injury). Suicide may be caused by many factors. Up to half of suicides may be related to known mental illness, but suicide may also be related to other risk factors. In

fact, many people who die by suicide are not known to have a diagnosed mental health condition. Public health, educators, social organizations, healthcare, employers, and many other groups are working to spread the word about the risk of suicide and what we can do to help.

Below is a US map showing the rising rate of suicide by states. In Ohio, we have had a rate increase of 36% from 1999-2016. There are many factors that may contribute to suicide and there may be more than one factor involved. Some of those factors include: relationship problems (42%), crisis in the past two weeks (28%), problems related to substance use (28%), physical health problems (22%), job/financial problems (16%), criminal/legal problems (9%), housing instability (4%). In addition, signs in youth may include a change in appearance or behavior, a drop in grades, a decrease in motivation.

We need to be aware of the warning signs:

- Talking about wanting to die or to kill themselves.
- Looking for a way to kill themselves, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing their use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

We can help individuals who are known to be at risk to develop a Safety Plan. The best help we can be is to start conversations with anyone that we have concerns may be at risk for suicide. If we identify that they need help, we need to assist them in connecting immediately with a professional who can help.

Events & Shout Outs!

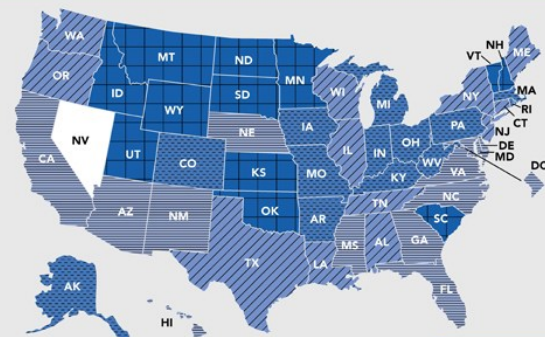
Congratulations Retirees!

CHD is delighted and disheartened to announce the retirement of the following employee:

- **Deborah Barnes, Clerk Typist 3, School Based Health Centers - 33 years**



Suicide rates rose across the US from 1999 to 2016.



SOURCE: CDC's National Vital Statistics System.

Vital^{CDC}**signs**TM
<https://www.cdc.gov/vitalsigns/suicide>



Heatwaves and Heat Warnings can impact health

Heat or hot weather that lasts for several days (generally 10 degrees or more above average) and often combined with excessive humidity, is often referred to as “a heatwave.” Heatwaves can have a significant impact on society, including a rise in mortality and morbidity. In fact, in recent years, excessive heat has caused more deaths than all other weather events, including floods.

Each National Weather Service (NWS) Forecast Office issues some or all of the following heat-related warnings as conditions warrant. All NWS local offices often collaborate with local partners to determine when an alert should be issued for a local area. Take a moment to learn about the advisory system so you can keep your loved ones safe from heat-related illnesses.



- **Excessive Heat Warning—Take Action!** An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 80°. Criteria varies across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.
- **Excessive Heat Watches—Be Prepared!** Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.
- **Heat Advisory—Take Action!** A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°.
- **Excessive Heat Outlooks** are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Heat Advisory - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs= 100-105° Fahrenheit).

Excessive Heat Warning - Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least 2 days (daytime highs= 105-110° Fahrenheit).

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health

When was the last time you had a wellness checkup? Had a preventative health screening? When we are feeling healthy – that is the time to take control of our health. According to the Centers for Disease Control and Prevention, chronic diseases, such as heart disease, cancer, and diabetes, are responsible for 7 of every 10 deaths among Americans each year and account for 75% of the nation's health spending.

Chronic diseases can be preventable through early detection and screenings, when treatment works best. Eating a healthy diet, avoiding tobacco products, reaching 30 minutes of exercise daily, and receiving preventive health services such as cancer screenings, wellness visits and vaccinations are just a few examples of ways people can take control of their health. The right preventive care at every stage of life helps everyone stay healthy, avoid or delay the onset of disease, keep diseases they already have from becoming worse or debilitating, lead productive lives, and reduce overall health costs.

What Is an Asthma Attack?

An asthma attack may include coughing, chest tightness, wheezing, and trouble breathing. The attack happens in your body's airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the airways even more.

You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that cause an attack, and following your doctor's advice. When you control your asthma: you won't have symptoms such as wheezing or coughing, you'll sleep better, you won't miss work or school, you can take part in all physical activities, and you won't have to go to the hospital.

What Causes an Asthma Attack?

An asthma attack can happen when you are exposed to "asthma triggers". Your triggers can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them. Watch out for an attack when you can't avoid the triggers. Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, and smoke from burning wood or grass.

How Is Asthma Treated?

Take your medicine exactly as your doctor tells you and stay away from things that can trigger an attack to control your asthma.

Everyone with asthma does not take the same medicine.

You can breathe in some medicines and take other medicines as a pill. Asthma medicines come in two types—quick-relief and long-term control. Quick-relief medicines control the symptoms of an asthma attack. If you need to use your quick-relief medicines more and more, visit your doctor to see if you need a different medicine. Long-term control medicines help you have fewer and milder attacks, but they don't help you while you are having an asthma attack.

Know Hepatitis. Act Now.

World Hepatitis Day, observed on July 28 every year, aims to raise global awareness of hepatitis — a group of infectious diseases known as Hepatitis A, B, C, D, and E — and encourage prevention, diagnosis and treatment.

Each year, a global awareness campaign from the World Health Organization aims to encourage real change to the treatment, diagnosis, and prevention of viral hepatitis. World Hepatitis Day 2018 sees the launch of a three year campaign aimed at overcoming the main barriers to diagnosis. The 'Find the Missing Millions' campaign highlights that globally, out of 325 million people living with viral hepatitis, 9 in 10 people are unaware that they are.

"Hepatitis" means inflammation of the liver, an organ vital in regulating many of the body's functions. World Hepatitis Day, on July 28, 2017, is a day to highlight the global burden of viral hepatitis and to show individuals what they can do to prevent it. Hepatitis affects 400 million people worldwide, causing both acute (short-term) and chronic (long-term) liver disease. As the 7th leading cause of death worldwide, the disease kills 1.4 million people each year, killing more people than AIDS, tuberculosis and road injuries.

There are five distinct hepatitis viruses- A, B, C, D and E. Each virus has a different mode of transmission, acts in different populations and causes different health outcomes. Viruses B and C create the highest burden worldwide, but viruses A, D and E also remain a global health concern.

Many people with hepatitis do not have symptoms and do not know they are infected. If symptoms occur with an acute infection, they can appear anytime from two weeks to six months after exposure. Symptoms of chronic viral hepatitis can take decades to develop.

You can prevent viral hepatitis by getting vaccinated for each type. Viruses A, B and C are the most common type of viral hepatitis in the United States. To see if you should be tested and/or vaccinated for hepatitis A, B, or C, take the CDC's online Hepatitis Risk Assessment here: <https://www.cdc.gov/hepatitis/riskassessment/index.htm>

Healthy Pets and Healthy People

Pets provide many benefits to people. However, some pets can carry harmful germs that can make us sick. Pets can spread germs even if they look healthy. Learn ways to stay healthy while enjoying pets.

There are many health benefits of owning a pet. They can increase opportunities to exercise, get outside, and socialize. Regular walking or playing with pets can decrease blood pressure, cholesterol levels, and triglyceride levels. Pets can help manage loneliness and depression by giving us companionship. However, pets can sometimes carry harmful germs that can make us sick even when the pet appears healthy. Below are some tips to help you and your family stay healthy while enjoying pets.

Pick the Right Pet

Before adopting a new pet, make sure that it is the right one for you and your family. Do some research beforehand about the specific needs of the animal. Ask yourself these questions before getting a pet:

- How long will this animal live?
- What does the pet eat?
- How much exercise does the pet need?
- How large will it become?
- How much will it cost for veterinary care?
- Do I have enough time to properly care for and clean up after the pet?
- What type of habitat does this pet need to be healthy?
- What type of exercise does this pet need?
- Are pets allowed in my house, apartment, or condominium?
- Are there young children, older people, or people with weak immune systems who will care for or be around the pet?



Children 5 years of age and younger, people with weakened immune systems, and people 65 years of age and older are more likely to get diseases spread between animals and people (also known as zoonotic diseases). Pregnant women are also at a higher risk for certain animal-related diseases. Before getting a new pet, keep the following in mind: Households with children 5 years of age and younger should not have pet reptiles (turtles, lizards, snakes), amphibians (frogs, toads), or backyard poultry because of the risk of serious illness from harmful germs spread between these animals and young children.

People with weakened immune systems should take extra precautions when choosing and handling pets. Talk to your veterinarian for help picking the best pet.

Pregnant women should avoid adopting a new cat or handling stray cats, especially kittens. Cats can carry a parasite that causes toxoplasmosis—a disease that can cause birth defects. If you are pregnant, you do not need to give up your current cat, but you should avoid changing cat litter.

Pregnant women should avoid contact with pet rodents to prevent exposure to lymphocytic choriomeningitis virus, which can cause birth defects. If you're pregnant and have a pet rodent, avoid direct contact and have someone else clean its habitat. Wash hands after touching, feeding, or cleaning up after pets.

Stay Healthy Around Pets — Wash Your Hands

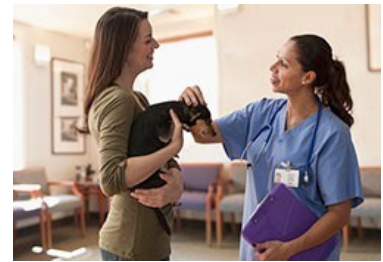
Whether you are playing with, feeding, or cleaning up after your pet, it is important to wash your hands to help reduce the risk of getting sick from germs pets can carry. If you or a family member are concerned about illness, talk to a doctor and mention the animals you've had contact with recently.

Always wash hands:

- After touching or playing with your pet
- After feeding your pet or handling pet food
- After handling pet habitats or equipment (cages, tanks, toys, etc.)
- After cleaning up after pets
- After leaving areas where animals live (coops, barns, stalls, etc.), even if you did not touch an animal

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- Before eating and drinking
- Before preparing food or drinks
- After removing soiled clothes or shoes
- Running water and soap are best for hand washing, but you can use hand sanitizer until running water and soap are available. Adults should always assist young children with hand washing.
- Keep pets healthy with regular veterinary visits.



Keep Your Pet Healthy

Whether you have a dog, cat, horse, parakeet, gerbil, bearded dragon, or other fun pet, providing regular, life-long veterinary care is important for keeping your pet and family healthy. Regular veterinary visits are essential to good pet health. Talk to your pet's veterinarian about how to keep your pet healthy. Provide your pet with a good diet, fresh water, clean bedding, and plenty of exercise. Keep up with your pet's vaccines, deworming, and flea and tick control. Some pets can carry ticks that can spread serious diseases like Lyme disease and Rocky Mountain spotted fever to people. In areas with plague — including some rural areas in the western US—fleas can be a risk to both animals and their owners.

By keeping your pet healthy, you help to keep yourself and your family healthy. Contact your veterinarian if you have any questions about your pet's health or if you think your pet may be sick.

Practice Good Pet Hygiene

In addition to hand washing, practicing good pet hygiene can help prevent the spread of germs between pets and people. Keep pets and their supplies out of the kitchen, and disinfect pet habitats and supplies outside the house when possible. Never clean supplies in the kitchen sink, food preparation areas, or the bathroom sink. Pets can contaminate surfaces in your home with germs—you don't have touch pets to get sick from their germs.

Always remove your dog's feces (poop) from your yard and public places by using a bag, and dispose of it in proper areas. Dog and cat poop can contain parasites and germs that can be harmful to people. Keep children away from areas that might contain dog or cat poop to prevent them from getting roundworms and hookworms. Cover sand boxes so cats don't use them as a litter box. Clean the cat's litter box daily to lower the chances of exposure to harmful parasites. Remember, pregnant women should avoid changing a cat's litter box if possible.

Teach Children How to Interact with Animals

Pets can teach children compassion and responsibility. However, children 5 years of age and younger should be supervised while interacting with animals to ensure the safety of the child and the pet. Teach children to wash their hands right after playing with animals or anything in the animals' environment (cages, beds, food, or water dishes). Don't let children kiss pets or put their hands or other objects in their mouths after handling animals. Adults should supervise and be extra cautious when children 5 years of age and younger have direct contact with farm animals, including animals at petting zoos and fairs. Avoid touching wildlife to reduce your risk of illness and injury.

Keep Wildlife Wild

Although they may look cute and cuddly, avoid touching wild animals to reduce the risk of illness and injury. Don't encourage wild animals such as raccoons, prairie dogs, or wild rodents to come into your home by feeding them. You might find a young animal that appears to be abandoned and want to rescue it, but often its parent is close by. If you are concerned about the safety of a wild animal, contact a local wildlife rehabilitation facility.



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